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CYNTHIA LADWIG  
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**COMMISSION ON AGING  
REGULAR MEETING  
May 5, 2010**

**STONINGTON HUMAN SERVICES BUILDING COMMUNITY ROOM**

The regular meeting of the Commission on Aging was held on May 5, 2010 in the Human Services Building Community Room. Members present were: Stacy Cassata, Betty Croteau, Robert Elmer, Karen Hawthorn, Toni Potter, Lisa Ryan. Also attending: Carol Umphlett, Agent for the Elderly, Stonington Human Services. Unable to attend were: Maryann Bessette, George Brennan, Kathleen Crockford, Virginia Turek, and Billie Ward and Jennifer Young.

Guests attending: June Strunk, Vice President of PNC Board and Ashley Ogradowicz from Stonington High School Citizens in Action.

The meeting was called to order by Lisa Ryan at 4:09 p.m.

Minutes of the April 2010 meeting were presented. Motion to accept minutes and place on file made by Stacy Cassata. Seconded by Bob Elmer. Motion carried.

Treasurer's Report for March 2010 was presented by Toni Potter. In March the following amounts were available for use: Postage: \$1,275; Repro and Printing: \$1,100; Program: \$1,960.19 for a budget total of \$4,335.19. There is \$00.30 in the Postage Due Account and \$1,303.34 in the Permit Imprint account.

Treasurer's Report for April 2010 was presented by Toni Potter. In April the following amounts were available Postage: \$1,275; Repro and Printing: \$1,006.20; Program: \$1,909.13 for a budget total of \$4,190.33. There is \$00.30 in the Postage Due Account and \$1,303.34 in the Permit Imprint account. Motion to accept the March and April reports made by Bob Elmer. Seconded by Stacy Cassata. Motion carried.

Carol Umphlett, Agent for the Elderly, Stonington Human Services, reported that in April 82 unduplicated seniors were seen: Compase: 23 contacts/9 seniors; 66 contacts Medicare/22 seniors; Medical 26 contacts/9 seniors; Social Security 9 contacts/3 seniors; E/A 9 contacts/9 seniors; Budget Counseling 2 contacts/2 seniors; Financial Assistance 2 contacts/2 seniors; Food 22 contacts/14 seniors; Housing 5 contacts/2 seniors; Renters' Rebate 10 contacts/7 seniors; Transportation 6 contacts/3 seniors. Carol attended the Choices counseling training and stated that the supplemental insurance is changing and there are less insurance companies participating now. She will be doing a webinar on May 13, 2010 to go over these changes.

On behalf of Beth Stewart, Director of Human Services, Lisa Ryan presented the final copy of the Senior Guide ad to be placed in the senior section of The Day (scheduled for next month). She also presented copies of the flyer for the Stonington Community Garden so that COA members can post them.

June Strunk, Vice President of the PNC Board, reported that congregate lunch program served 250 meals to 45 seniors during March. The PNC is looking forward to the "Fresh Prep" meals on Tuesdays.

June shared that the Live Well Workshop: Chronic Disease Self-Management Program, sponsored by the Connecticut Department of Social Services: Aging Service Division and The Connecticut Department of Public Health will have a one hour orientation on May 11 at 1:00 p.m. with the six week workshop beginning on May 18 at 1:00 p.m. The program provides participants with techniques to manage their chronic disease and health problems while enhancing their quality of life. It will be co-facilitated by two certified lay leaders from the local area.

The Foot Clinic at the PNC is winding down and the students' last day will be April 21. PNC hopes to be able to offer the clinic again.

The PNC Activities (Senior Stretch, Line Dancing, Writing, Art, Wii Bowling, Tai Chi) have all been well attended. Yoga has space for a few more participants.

PNC Transportation for March: 58 seniors served for a total of 5674 one way rides. Residents: 38 from Pawcatuck, 12 from Stonington, 0 from Mystic, 5 from North Stonington and 3 from Westerly. 25 seniors had one way trips for medical appointments; 26 seniors had 258 one way trips to PNC Lunch and activities; 8 seniors had 200 one way trips to Adult Day Center of Westerly; an average of 2 people shopping on Fridays, 3 on Thursdays, plus bank and pharmacy stops – 36 rides; 6 for various social activities for 40 rides.

Lisa Ryan stated that there was no legislative news to share.

### **NEW BUSINESS**

Lisa Ryan stated that there would be a collaborative meeting of Stonington elder care providers on May 25, from 8:30 to 10:00 and thereafter meetings will be held the 3<sup>rd</sup> Tuesday of every other month. The purpose of the meeting is to share best practices and explore ways to help others without duplicating services. Input is invited from the perspective of all providers (nursing homes, housing, assisted living, adult day services, etc.).

**Lisa Ryan stated that TRIAD for Groton, Waterford and East Lyme are doing a senior fair.**

**Secretary, Karen Hawthorn, stated that she would be unable to attend the July 2010 COA meeting. Stacy Cassata will be taking minutes for that meeting.**

**Motion to adjourn made by Stacy Cassata. Seconded by Betty Croteau.  
Motion carried.**

**Meeting adjourned at 4:52 p.m.**

**NEXT MEETING – Wednesday, June 2, at 4:00 p.m.**

**Respectfully submitted,**

**Karen Hawthorn  
Secretary**